

STATE OF MONTANA
DEPARTMENT OF PUBLIC HEALTH
W. F. COGSWELL, M. D., SECRETARY

HEALTH REVIEW

December 15, 1928.

INFLUENZA. From the 19th of November until the 8th of December there have been reported to the State Board of Health 8,406 cases of influenza. We believe that this does not represent a quarter of the cases that have occurred. While the epidemic is not as severe as it was in 1918, yet we are getting deaths directly due to this disease, and an increased number of pneumonia deaths, some of which are no doubt due to influenza. A comparison of the number of deaths from influenza and pneumonia during the month of November 1927, with that of the month of November 1928, is of interest. In November 1927 there were nine deaths from influenza and 33 from pneumonia. In November 1928 there were 45 deaths from influenza and 59 from pneumonia.

There seems to be but little that the health departments can do to stay the spread of this disease. It is up to the individuals to protect themselves. The visiting of persons suffering from influenza should be restricted as much as possible, and once again we urge the people when they come down with an attack to go to bed and stay until completely well.

AUTOMOBILE EXHAUST GAS IS DANGEROUS. Automobile exhaust gas contains carbon monoxide, a tasteless, odorless gas which causes death by asphyxiation if breathed in sufficient quantities.

The closed garage is almost as dangerous as the unguarded railroad crossing. The common practice of starting your automobile motor and letting it warm up on these cold winter mornings without first opening the garage doors, is a dangerous practice.

Carbon monoxide gas may be present in large quantities in commercial garages. Sufficient and proper ventilation should be provided where automobile motors are running in garages and shops.

Poisoning from carbon monoxide may come on suddenly without sufficient warning to permit the victim to get to a supply of fresh air, or it may cause headache and nausea before the person becomes unconscious.

Don't take any chances with carbon monoxide poisoning; it is highly fatal.

Don't start the motor in a closed garage.

Don't operate a commercial garage or shop without proper ventilation.

Don't remain in a closed car with motor running unless the car is in motion.

During the last five years forty lives have been lost in the state due to carbon monoxide poisoning.

CHRISTMAS CANDIES. It is still the practice in some places to display Christmas candies in boxes, buckets, or trays, with no attempt to see that they are protected. Foods of this kind are subject to all sorts of contamination from dust, dirt, handling by children and passing customers, and by discharges from the nose and throat of persons coughing and sneezing.

Buy your Christmas candies from the store that keeps them protected from dirt and contamination. Patronize the clean stores and show them that sanitation pays.

W. F. COGSWELL,

Secretary.

WFC/JB



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